



Forum summary available online

By Anya Armes Weber

A complete summary of Secretary James Holsinger's November forums is now online.

Log onto the cabinet intranet at <http://cfcnet.ky.gov/index.asp> to read the summary and a compilation of employees' questions and answers from leadership staff.

Supervisors are requested to share the summary with staff without intranet access.



the helm at The Communities at Oakwood. Kelly brings a wealth of experience and leadership skills that will assist our Department in ensuring The Communities at Oakwood are providing the most efficient and high quality services available to this special population."

CHFS Focus Employee Spotlight: Kelly Boggs Named Director of Oakwood

Last week, Kelly D. Boggs was appointed Facility Director for The Communities at Oakwood, a Cabinet facility located in Somerset, Kentucky. The Communities at Oakwood, a campus of four individual homes, has a combined total of 420 licensed beds serving individuals with mental retardation. Boggs has served as interim director for several months.



Before assuming the leadership role at Oakwood, Boggs served as the Facility Superintendent for another Cabinet facility serving individuals with mental retardation, Hazelwood Center in Louisville. During his tenure at Hazelwood, Boggs founded the Underwood and Lee Dental Clinic, one of the first clinics in America to provide quality dental services to persons with mental retardation and other developmental disabilities living in the community, which serves over 220 patients from over 20 counties. He also coordinated the cooperative effort between the University of Louisville Medical School and Hazelwood Center to form a Neurology Clinic on the grounds to serve Hazelwood clients.

During his 14 year career in mental retardation, Boggs served as a hospital administrator, personnel director and director of staff development and training. Boggs also completed a 27-year career as a teacher and principal in the Jefferson and Letcher County Schools and has a Master's Degree from Indiana University.

Pat Wear II, Commissioner of the Department of Mental Health and Mental Retardation Services said, "We are very fortunate that Kelly Boggs has agreed to officially assume

CHFS Focus Program Spotlight: Kentucky's Suicide Prevention Efforts

Did you know that Kentucky's suicide death rate is the 19th highest in the nation and that suicide is the second leading cause of death for Kentuckians ages 15-34 and the fourth leading cause of death for Kentuckians ages 35-54? These are the alarming facts about Kentucky suicide deaths in 2002 as documented by the American Association of Suicidology and the Centers for Disease Control.

Suicide and attempted suicide are major public health problems as recognized by the U.S. Surgeon General, the U.S. Congress, the New Freedom Commission Report on Mental Health, the Kentucky legislature, and the Cabinet for Health and Family Services. On average, 500 Kentucky citizens die by suicide each year.

In 1999, then Surgeon General Dr. David Satcher presented the "Call to Action to Prevent Suicide." This proclamation provides a blueprint for each state to develop a state plan to help protect citizens from this public health problem.

Responding to this growing problem, the Division of Mental Health and Substance Abuse Services in 2002 invited various community leaders to establish the Kentucky Suicide Prevention Group. Subsequently, the Cabinet for Health and Family Services accepted group sponsorship and dedicated staff from both the Departments for Mental Health and Mental Retardation Services and Public Health to help facilitate by participating in meetings, task groups, training opportunities, and events. The vision of the Kentucky Suicide Prevention Group is to lead the commonwealth in providing and promoting opportunities for all Kentuckians to become active in the reduction of suicide deaths and attempts. The mission of the Kentucky Suicide Prevention Group is to decrease suicide deaths and attempts in the commonwealth through advocacy, education, training, and evaluation.

The group includes members from a wide array of stakeholders including, but not limited to CHFS staff, community mental health centers, local school boards, private business, Kentucky School Boards Association, Kentucky Center for School safety, Hospice, citizen

advocacy groups, mental health advocacy groups, higher education, and suicide survivor support groups.

As a result of Senate Joint Resolution 148, passed during the 2004 General Assembly Session, the group became part of the Kentucky Commission on Services and Supports for Individuals with Mental Illness, Alcohol and Other Drug Abuse Disorders, and Dual Diagnosis, otherwise known as the HB 843 Commission. Additionally since its inception, the group has published two reports: "Suicide Awareness in Kentucky: Baseline Results of a Statewide Survey" and "Preventing Suicide in Kentucky: Progress Report - June 2004". These and several other resources and information may be accessed via the internet at <http://mhmr.ky.gov/MH/Suicideprev.asp>.

Jason H. Padgett was appointed as an MH/MR Program Administrator in the Division of Mental Health and Substance Abuse Services in October 2004. This is a jointly funded position by the Departments for Mental Health & Mental Retardation Services and Public Health. Padgett, formerly with the IMPACT Plus program and involved with the suicide prevention group since its inception, will primarily work to raise awareness that suicide is a preventable public health issue. He plans to collaborate with other stakeholders to implement strategies to reduce the number of suicide attempts and deaths throughout the Commonwealth.

"Suicide prevention is everybody's business. There is a need for citizens to recognize the risk factors and warning signs of depression and suicidal thoughts because a life is too much to lose," says Padgett.

Current suicide prevention efforts include informational booths and sessions at conferences and events, structured training opportunities focused on recognizing suicidal and severely depressed persons known as Question, Persuade, & Refer, and a recent conference for survivors of suicide. Additionally, there are plans for a statewide conference in September 2005 to coincide with the National Suicide Prevention Week and World Suicide Prevention Day.

Also, there is a major focus to assist local communities in establishing suicide prevention coalitions. During the past year, coalitions have begun in Owensboro and Bowling Green, and another is anticipated in Louisville in the coming months.

Those interested in learning more about suicide prevention and the efforts of the Cabinet may visit <http://mhmr.ky.gov/MH/Suicideprev.asp> or call Padgett at 502-564-7610.

When a suicidal crisis arises, call 1-800- SUICIDE (1-800-784-2433), for immediate crisis counseling.

The Louisville office of the Commission for Children with Special Health Care Needs helps bring happy holidays to patients and families

The Commission for Children with Special Health Care Needs in Louisville held holiday parties for patients and families on December 9, 15 and 16. The party on December 9 was sponsored by Cub Scout Pack 48 and 20 families received holiday food baskets and presents were given to the children. On December 15, Airtonic, an airplane parts manufacturer, sponsored food baskets and presents for 30 families. At the party on the 16, presents for the children were provided by CCSHCN staff either as direct donations or through fundraising.

The highlight of all parties was a visit from Santa. Joe White, an employee of CHFS OIT, has played Santa for CCSHCN holiday parties for 13 years. Joe's wife, Mary, is a former commission employee. Mary and their daughter were Santa's elves.

"We are so fortunate and blessed to be able to participate," said Teresa Hellinger, a commission nurse. "The looks on the kids and families faces are worth a million dollars!"

The Versailles Wendy's on Lexington Road is displaying the cabinet's toll-free adoption hot line on its marquee.

Wendy's helping recruit adoptive homes

By Anya Armes Weber

The cabinet has gotten help from a popular restaurant to promote its mission of finding homes for children.

Wendy's restaurants in Northern Kentucky and Southern Ohio and Indiana have coordinated with the Tri-State Adoption Coalition – a partnership of Kentucky, Ohio and Indiana adoption services – to spotlight waiting children. Four Kentucky kids are featured on a nine-photo trayliner at in the restaurant.



See the trayliner and learn more about Jessica, Forrest, Gary and Paunika online at <http://www.tristateadoption.org/nam2004.html>.

The cabinet's Division of Protection and Permanency also mailed postcards to all Kentucky Wendy's asking them to display the toll free adoption information line on their marquees during November – National Adoption Month – and beyond.

The Versailles location on Lexington Road is displaying the message during the holidays.

Wendy's restaurants across the country promote the Dave Thomas Foundation for Adoption. Each location collects funds for the foundation, display posters and distribute trayliners promoting foster care and adoption.

Thomas, who died in 2002, was an adoptee and longtime adoption advocate. He created the foundation, which offers grants for adoption projects across the country, in 1992. Last year, the foundation sponsored National Adoption Day, which facilitated the adoptions of more than 1,300 children in permanent homes on one day.

Employees to receive one percent pay increase

The Cabinet for Health and Family Services has received official notification from the Personnel Cabinet that effective January 1, 2005, all full-time and part-time employees will be awarded a one percent salary increase. This is being done in accordance with Governor Fletcher's initiatives and pursuant to HB 1 which was passed by the General Assembly in the recent Extraordinary Special Session.

This one percent salary increase is in addition to the two percent annual increment that each employee will receive on his/her scheduled annual increment date for fiscal year 2004-2005. While the one percent salary increase will be effective January 1, 2005, it will be reflected on each employee's January 30, 2005, paycheck.

If an employee is due to receive his/her annual increment on January 1, the salary will be computed by first adding in the two percent annual increment and then the one percent salary adjustment. The same thing would apply for any other salary increase that would be effective January 1 (i.e. promotion, reclassification, promotional increase, etc.) The salary schedule is not changing; therefore, this salary increase does not affect salaries for new employees beginning work January 2, 2005, or later.

If you have any questions, please do not hesitate to contact the Personnel/Payroll Administration Branch assigned to your department/office.

CHFS Focus Health Tips of the week: For the holiday buffet, remember the two-hour rule

By Anne Parr, R.N.

Visiting with family and friends over long leisurely meals or grazing on buffet-style spreads while watching football games for hours is an integral part of many holiday settings. For the safety of your guests, however, make sure your holiday banquet doesn't turn into a rampant bacteria buffet.



About one out of every four Americans suffers from some type of food-borne illness each year. To make sure you're spreading holiday cheer and not holiday food poisoning, don't leave food out for more than two hours at a time. Two hours is a critical time, after which bacteria begin to multiply rapidly.

If you're watching calorie intake, provide smaller plates for holiday feasts. You also can place holiday offerings in smaller serving dishes. The end result is that guests tend to take smaller portions.

In addition, if your buffet table is loaded with more choices than you should take, consider skipping those foods that you can eat any time, such as mashed potatoes. Go for those special items that you only get once a year, such as Granny's sweet potato pie.

Central Kentucky Blood Center Blood Drive at HR Complex Dec. 21-22

Central Kentucky Blood Center will be at the Cabinet on Dec. 22, from 8 a.m. to 1 p.m.



The holidays take donors away from home and away from the communities where they donate. In addition, increased holiday travel can significantly increase the need for life saving transfusions. Fewer donors during this period of time and the daily threat of mobile blood drives being cancelled due to dangerous road conditions can leave our community facing a critically low blood supply.

In the next few weeks, the blood supply available to 67 central and eastern Kentucky hospitals and clinics is projected to fall below an adequate supply. To help stock



critical blood supplies, 500 donors per day are needed throughout central and eastern Kentucky.

You could save a life. Donate blood!

Healthy Holiday Tips

By Emma Walters, MS, RD, LD

During the holidays many of us eat foods that are special holiday treats. The key to successful holiday eating is moderation and balance. The American Dietetic Association (ADA) emphasizes the importance of celebration and the fact that all foods can fit into a healthy eating plan. The Cabinet for Health and Family Services' Wellness Committee would like to share some of the ADA's holiday tips with Cabinet employees. Food is one of the keys to enjoying the season and special treats evoke holiday memories.



Tips from ADA include:

- ◆ Be realistic
The holiday season is not the time to lose weight but is the time to maintain your weight. When you know you are going to be consuming special holiday foods, plan to include lower calorie meals on those days to prevent increased calorie consumption. Balance your party meals with your regular eating.
- ◆ Be active and keep moving
Remember to be active through taking the stairs, walking the aisles of the mall, bowling, hiking, dancing or other activities that you enjoy. Being active is one way to help use some of the extra calories and helps to keep our body fit.
- ◆ Take the edge off
Hunger can make it very difficult to avoid high calorie foods and may also encourage you to eat larger amounts of these foods than normal. To take the edge off hunger, eat a small, lower calorie snack such as fruit or a whole grain bagel or raw vegetables before you go to your celebration. This will decrease your feelings of hunger and you will not be tempted to rush straight to the food when you arrive. Also, once you arrive, include sparkling water with a twist of lemon, lime or orange as your beverage. This type of drink provides no calories versus the high calories from punch, eggnog, mixed drinks or soft drinks.

- ◆ Make just one trip to the buffet
Be selective in the foods you eat at your celebration activities. Keep your portions small and select more of the lower calorie foods. These would include raw vegetables with little or no dip, boiled shrimp or scallops with cocktail sauce or lemon and fresh fruit.
- ◆ Enjoying a sit-down dinner
Make your first helping small. If your hostess encourages seconds, then again make the portions small. This will help ensure that your total consumption is about the same as a normal portion.

Do not set yourself up for failure with an "all or nothing" attitude. Remember to include the special foods on your plate but just small tastes of a variety of foods. Adopting this strategy may also help prevent any guilt you may have concerning your holiday eating. Have a healthy, enjoyable holiday! Future articles of this type will be provided as a part of the Wellness Committee through the Nutrition Subcommittee.

Employee Enrichment

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better will focus on team building, customer service and personal development.

"Blessed are the flexible, for they shall not be bent out of shape." -- Dr. Michael McGriffy

The holidays can be a time of stress at home and at work. It's easy to feel out of control when you are juggling a lot. Try to be flexible about things and keep your expectations in check. Maybe you have to let some things go for now, but with better planning can pick them up in the new year. Kerry Fallon Horgan, author of "The Little Book of Balance," says even the most flexible people can become controlling during stress. Horgan recommends taking charge of yourself instead of those around you. A five-minute meditation break each day can help you curb negativity and relieve stress, she writes.

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To view the online version of CHFS Focus, visit our web site at <http://chfs.ky.gov/newsletter>.

Note to readers: CHFS will not publish CHFS Focus on the week of Dec. 27 – 31 due to the holiday.